I think it is also a good idea to invest in a \$100 Linux Burner Laptop ...
There are really cheap Linux Burners for learning Linux a lot of Mac Computers have a Limited BIOS and Hardware that is Proprietary ...
Companie want a Corporatocracy and Corporatism where Sofware use is

Limited. I was on a newer Lenovo and the Touchpad would not work with Linux.

So, you have to be on the right HW for linux, I prefer Linux over BSD, because on FreeBSD I have had FS errors and it handles ext4 poorly ... I used to live on 500-700 a month and had a IBM T60 as my main computer.

There are Partition Editors and Disk Imagers for Mac and Windows ...
Always, Always do a backup, I like the Luks Feature in Linux that I
Combine with a BIOS Password to stop any Blue Card Police
Warrants ...

I am living in poverty so what I do is get a cheap Linux Burner ...
The BIOS Keys on these Linux Burners are DEL/f2/f12/Shift-Delete ...
The Makes and Models are: IBM Lenovo
T61/T60/T400/T420/X200/X201 ...

I am running Kubuntu 64 Bit and 32 Bit as well as Calculate Gentoo ...
My other Artix Linux Laptop is a Dell Inspiron 11 ...
My other Intel Mini PC runs Stormos on Sourceforge ...
My MSI Wind And Asus Eee PC run Kubuntu 32 Bit ...
My Eee PC 900A runs Puppy Linux Bionic on a ISO File System ...
We know the BIOS Keys on a Mac are usually Super/Alt Key or an R
after that ...

Then in Apple Boot Manager you can use Kubuntu Temporarily as a Mitigated OS ...

Always back up before though, because sometimes Linux will be Incompatible ...

I found Artix and Stormos to work on my more Proprietary HW just fine ...

Linux works with Multiple File Systems, EXT4 Never needs
Defragmentation, SSDs work best with Linux, Luks is even better if you
ever get Blue Carded Warrented By The Police, Then Just Set A BIOS
Password. That is the main reason for Linux. Plus sudo/su are Strict.